



Newport City School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Newport City School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Newport City School System that includes:

- School Health Advisory Committee
- One Healthy School Team
- School Health Policies strengthened or approved include wellness, CSH policy, nutrition, physical activity/physical education, health services and student, family, community policies
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$ 27,000.

Community partnerships have been formed to address school health issues. Current partners include

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| ➤ Cocke County Health Department | ➤ Cherokee Occupational Services |
| ➤ Newport Fire Department | ➤ Tennessee Meth Task Force |
| ➤ Mercy Hospital | ➤ TAHPERD |
| ➤ National Guard of the US Army | ➤ Food City Grocery Stores |
| ➤ Newport Rescue Squad | ➤ Sagebrush Restaurant |
| ➤ Tennessee Highway Patrol | ➤ Lions Club |
| ➤ Tennessee Wildlife Agency | ➤ Appalachian Outreach |
| ➤ University of Tennessee Extension Office | ➤ Cocke County Council |
| ➤ Keep Cocke County Beautiful | ➤ City of Newport Police Department |
| ➤ Second Harvest Food Bank (Blue Cross/Blue Shield) | ➤ City of Newport Recreation Department |
| ➤ Walking Works for Schools | ➤ Scottish Rite Group of Newport |
| ➤ Modern Woodsmen of America | ➤ Family Resource Center if Cocke County |
| ➤ American Red Cross | ➤ East Tennessee Regional Commission on Children and Youth |
| ➤ Susan G. Komen Foundation | ➤ Safe Kids of Children's Hospital |
| ➤ Relay for Life Cancer Association | ➤ National Bank of Newport |
| ➤ Cherokee Health Services | ➤ Rural Medical Services |
| | ➤ Frost Chiropractic Center |
| | ➤ Goodwater Vineyard and Catering |
| | ➤ Safe Harbor Child Advocacy Center |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities that include Newport Grammar School's Health Advisory Board, Healthy School Team, Coordinated School Health In-service, Second Harvest, CPR Training Classes, Coordinated School Health Informational Meetings, Parent Involvement Meetings, Child Health Week "Just Say No" Carnival, Family Education Classes, School-based Clinic Planning, Relay for Life Talent Fundraiser. Currently, 20 parents are collaborating with CSH.

Students have been engaged in CSH activities that include being a member of the *Green Team*, a team of 16 students who assist with recycling efforts school-wide, Fit 5 Classroom Activities (5 minute dance and movement routines in the classrooms) Pre-K-8 with 775 students involved, Blue/Cross Blue/ Shields Walking Works for Schools program includes 775 students, Students from all grade levels at NGS participate in the "*Getting Juggy With It*" recycling project every year. Currently, CSH has 12 students serving on my Health Advisory Board who support additions and changes to the CSH goals/action plan. Healthy Steps Food and Physical Activity for Preschoolers, 41 students participated, One Mile Run, 775 students participated, Fire Safety Presentation, 550 students participated, Ollie the Otter Safety Belt Program, Tennessee Highway Patrol, 296 students participated, Newport Rescue Squad Drunk Driving Class for 6th grade classes, 59 students participated Scrubby Bear Clean Hands Class for K-1st grade classes, 187 students participated, Family Living and Puberty Classes for 5th, 6th, and 8th grades, 155 students participated. Approximately 775 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Newport City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 775 students screened with 234 referrals made;

During the 2010-11 school year, 5,998 Newport Grammar School students were seen by a school nurse and returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. The Newport City School System and Coordinated School Health has worked hard to lower the obesity rate in our school over the past four years. During the 2007-2008 school year our obesity rate among our children registered at 28%. The Newport City School System's students are now coming in at only 23% weighing in the obese range. It is a small decrease but well worth the effort;

Many items have been purchased with CSH funds to enhance school health efforts. The Newport City School System has one school in the system so Coordinated School Health has been fortunate to be able to provide items that have benefited one and all. For example, CSH has added tons of materials and teaching aids with programs to support health related topics. Of course, one of the primary expenditures includes the on-site exercise room as well as a rock

climbing wall. This year CSH was able to partner with Cherokee Health Systems and bring in a school-based clinic which has been a wonderful addition;

Professional development has been provided to school health staff. The Newport City School System has one guidance counselor who attends the Counselors Leadership Institute in Murfreesboro yearly, two physical education teachers attend the TAHPERD Conference, and our school nurse goes to several small conferences throughout the year in order to keep certifications current;

School faculty and staff have received support for their own well-being through mini health fairs, in-services, faculty meeting updates and numerous exercise opportunities.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Healthy Steps Food and Physical Activity for Preschoolers Program, Health Wise Health Education Curriculum for Kindergarteners, monthly newsletters, Michigan Model instruction in guidance classes, Family Living Education to 5th, 6th, and 8th grade students, fire prevention classes school-wide, and Ollie the Otter with the Highway Patrol;
- Physical Education/Physical Activity Interventions – Presidential and National Fitness Initiatives, Blue Cross Walking Works for Schools Program, Take 10! movement program, and the Tandelay Curriculum, Let's Move Campaign;
- Nutrition Interventions – National School Health Lunch and Breakfast Week with Bulletin Boards, Netco Food Show, Healthy US School Challenge, Recipes for Healthy Kids Competition, Second Harvest Food Program;
- Mental Health/Behavioral Health Interventions – Cherokee Health System provides psychologists and on-site counseling at our NGS Cherokee Clinic.

The Newport City School System is fortunate to have one school in the system. This seems to make it easier to put funding to better use and directly see the benefit it has on our children.

In such a short time, CSH in the Newport City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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